

BREAST SHELLS

Provided to you by the Utah State WIC Program

For Flat or Inverted Nipples

1. Wash all of the breast shells parts in hot, soapy water before using them. Wash them every time you use them.
2. Snap together the dome (the part with many holes) and the cone (the part with the smaller opening.)
3. Center the cone over your nipple inside your bra.
4. Start wearing the shells at the beginning of the fourth month of your pregnancy if you have flat or inverted nipples.
5. Begin wearing them one hour at a time, twice a day.
6. Slowly increase the length of time you wear the shells until you are wearing them a total of 8 to 12 hours per day.
7. Do not wear them when you are sleeping.
8. If you are already breastfeeding, you can wear them all the time when you are awake. Take them off for breastfeedings.
9. Throw away any milk that drips into the shell. don't feed it to your baby.

For Sore Nipples

Breast shells will help sore nipples by keeping clothing off the sore nipples and by allowing air flow over the breasts.

1. Wash all of the breast shell parts in hot, soapy water before using them. Wash them every time you use them.
2. Snap together the dome (the part with many holes) and the ring.
3. Center the ring over your nipple inside your bra.
4. Wear the shells to keep your clothing from rubbing on your sore nipples. Remove them for breastfeedings.
5. Talk to your doctor, lactation consultant or WIC breastfeeding specialist about ways to solve and prevent sore nipple problems.
6. Throw away any milk that drips into the shell. Don't feed it to your baby.